



## **FIVE DAYS WILDERNESS FIRST AID TRAINING**

**11<sup>th</sup> - 15<sup>th</sup> November 2021**

### **EVALUATION REPORT**

**In Cooperation with**

**3 Sisters Adventure Trekking**

**Kathmandu Environmental Education Project**

**Supported by:**

**3 Sisters Foundation**

**WomenFairTravel**

November 2021

## Introduction

3 Sisters Adventure Trekking in collaboration with Kathmandu Environmental Education Project (KEEP) organized five days of “Wilderness First Aid Training” for the trekking guides and tourism professionals of Pokhara from November (11-15) 2021 at Hotel Kunja, Lakeside Pokhara with the financial support from 3 Sisters Foundation and Women Fair Travel.



The programme was facilitated by the 3 trainer's Dr Dil Bahadur Tamang, Dr. Rajendra Man Karmacharya and Mr. Uday Sherchan from Kathmandu. The trainers were professional and had experienced in the respective fields. Mr. Uday Sherchan, a professional trek and tour leader has more than 25 years' experience in Adventure trekking, Dr. Rajendra Man Karmacharya, a retired Medical Officer from Police Hospital has been associated with Nepal Academy of Tourism and Hotel Management (NATHM). Dr. Dil Bahadur Tamang has more than 7 years' experience in First Aid Training and Medical Camp.

At present condition, due to Climate Change and Global Warming, Mountains and the Himalayas have been facing drastic changes. With the temperature rise, glaciers and the snow-capped mountains are melting faster than expected causing undesirable, unexpected event such as avalanches and floods in the mountain region. Recent avalanche in Kowang region of Mustang is one of example of this. In this regard Wilderness First Aid Training to the trekking guides and tourism professionals would be fruitful in their journey towards mountains.

Wilderness First-Aid Training is an essential skill for keeping both clients and Nepalese staff safe. First Aid Training is an indispensable skill required by all tourism professionals, skills relating to mountain injuries, causes and treatment. The training includes topics appropriate for in-field treatment related to mountain safety, and altitude sickness including practical demonstration of CPR, the use of Portable Altitude Chambers (PAC bags) and oximeters.

## Objectives

The major objective of this course is to provide the participants with the practical skills and theoretical knowledge on first aid that ought to be promptly applied during trekking in case of any injury or casualties. The general objectives of the course are as follows:

- To enhance knowledge on the recognition of the illness.

- To improve skills on choosing the right treatment and medicine.
- To develop confidence on acting promptly and accurately in fields.
- To make the participants able to use PAC, Oxygen therapy and Pulse Oximeter whenever required during the trek.

## **During Training**

**Day 1:** On the first day of training, Dr Dil Tamang did a presentation on First Aid and the session was followed by the active interaction and participation of trainees with trainer Uday Sherchan and Rajendra Man Karmacharya in the practical of Cardiopulmonary resuscitation which includes mouth-to-mouth and chest compressions.

**Day 2:** Session started with the revision of day 1. To make training more effective and engaging a video about primary survey was played. Presentation followed by practical of choking and Foreign Body Airway Obstruction (FBAO).



**Day 3:** Training started by Dr. Rajendra Man Karmacharya on Musculoskeletal injuries, head and spinal injury. One of the trainees Laxmi Sunar shared her experience of plane crash in 2015 and how she survived that incident. 3<sup>rd</sup> day training was ended with the practical of splinting, head and spinal injury, bleeding.

**Day 4:** Started with Uday Sherchan, shared his experience about mountains and medicine. Then the session was followed by Dr. Dil Tamang's presentation on Diarrhea/ Dehydration, Allergy, Snake bites, Acute Mountain Sickness(AMS). Day 4 ended with the practical of using Portable Altitude Chamber (PAC).

**Day 5:** 5<sup>th</sup> day started with the written and practical exam of trainee. And out of 23 participants 22 successfully completed the training. After that Closing ceremony was organized. Honourable Tourism, Industry, Commerce and Supplies Minister of Gandaki province Manibhadra Sharma was the Chief Guest of the ceremony, Ms Lucky Karki was chairperson and Ms Shova Pandey was Master of Ceremony. CEO of KEEP Ian Wall , NMA Chairman Sheshkanta Sharna , founder of 3 sisters Adventure trekking Dicky Karki Chhetri , Ms Renu Thapa from TEWAN were other distinguished guest of the event. The ceremony was inaugurated by honourable minister Manibhadra Sharma. The event was followed by the speech from the trainee Baburam Subedi, Mana Kunwar and from trainer Dil Bahadur Tamang, NMA Chairman Sheshkanta Sharma, KEEP CEO Ian. Certificate distribution to the participants by the Honourable Minister Manibhadra Sharma. The event was ended with the closing speech from Ms. Dicky Karki.

## Outcomes

- Training was participated by the 23 trekking guides and tourism professionals. Among them 18 were females and remaining 5 were males. 22 participants successfully completed the training.
- Good coordination and support from the collaborating partner KEEP.
- Following the training, participants have developed a stronger interest in First Aid including a better understanding of their roles and responsibilities in the times of need.



## Challenges

- The level of understanding was not same among the participants.
- The course was vast and with the practical including, to complete it within the given time frame was a tough.

## Overcomes

- Trainers gave emphasis on the practical aspects so that all participants can understand it clearly.
- To complete the course in the given time, training session was started as early as possible so that the training could complete in time.

## Suggestions/ Recommendations from Trainee

- Since the training course was vast, the duration was not enough. Should be at least six to seven days training.
- Outdoor practical activities would be more effective than indoor practical activities.



## Gallery



*Use of Portable Altitude Chamber( PAC )by participants.*



*Participants involving in practical activities*



*During Practical Examination in the 5<sup>th</sup> day of Training.*



*Certificate distribution by Honourable Tourism, Industry, Commerce and Supplies Minister of Gandaki province Manibhadra Sharma.*





*Chief Guest along with other distinguished guest of the closing ceremony.*